

WOW News



Body in Motion & Eating Healthy



Fall is upon us and with cooler weather people tend to be drawn in-doors.

It's a new opportunity to GET FIT; fit for the holidays. It's less than **eight weeks until Christmas, & ten weeks until 2004.**

This is also a time of **increased stress, and depression.**



A "simple" answer to all of these changes and challenges is **GETTING YOUR BODY IN MOTION.**

Regular physical activity combined with healthy eating:

- Helps the body better handle stress.
- Reduces depression.
- Elevates mood.
- Increases emotional stability.
- Improves memory.
- Enhances concentration.
- Promotes alertness.
- Increases performance.
- Creates fitness.
- Improves health.
- Reduces high blood pressure.
- Reduces elevated cholesterol.
- Reduces high blood sugar.
- Is making improvements that last a lifetime.

Regular exercise and eating healthy gives the body

MORE ENERGY ALL DAY!

It is an "intelligent approach" to a healthy lifestyle.



HEALTHY LIVING is NOT about perfection; it's about **making improvements that last a LIFETIME.**

Purchase a:

- **Pedometer and/or**
- **Fitness Club membership**

AND Work On Wellness—WOW

November 2003

Click below for discount info:



Pedometer Discounts:

Dunham's (statewide)
Gander Mountain
New Balance
Playmakers
MC Sporting Goods

Fitness Club Discounts

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Tobacco & Children: November is Tobacco Cessation Awareness Month

500,00,000 people in the world will die 10 years before their time due to smoking.

According to the American Cancer Society, if you quit smoking you'll live longer and stay healthier—and so will your family. When you quit you show signs of physical recovery almost immediately.

- After 24 hours, the risk of a heart attack decreases.
- After 2 weeks to 3 months, there is a 30% increase in lung function.
- And it “just gets better”; you will experience more “quality” of life.

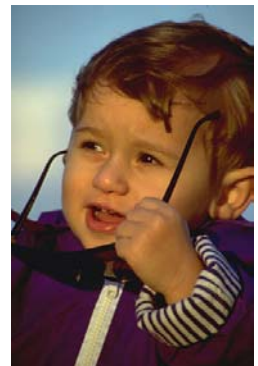
Did you know that secondhand smoke—the smoke breathed out by a smoker and the smoke from the burning end of a cigarette, cigar, or pipe—has twice as much nicotine, and five times the carbon monoxide, as the smoke you inhale? (per the American Lung Association)



Children exposed to tobacco smoke have more:



- ear infections,
- pneumonia,
- bronchitis,
- lung diseases,
- and are more likely to develop asthma.



PLUS children whose parents smoke are more likely to start smoking than children whose parents do not smoke.

According to a study of 11,534 elementary school children throughout the U.S. and Canada by the Boston University School of Medicine, children exposed to secondhand smoke at home were **70% more likely to have wheezing with colds, 60% more likely to go to emergency rooms for wheezing, and 40% more likely to have persistent wheezing** compared to children in a home of nonsmokers. (says the American Lung Assoc.)

Our children are looking to us for the **EXAMPLE** of “what is right” in life. Find a smoking cessation program today. Check you insurance carrier first for coverage. Call 1-800-537-5666 for a free “QUIT KIT”.

AT RISK FOR DIABETES.

Have you heard of **Insulin Resistance Syndrome**? The American Association of Clinical Endocrinologists calls it one of the "most pressing problems of public health in the developed world". The body suffers decreased sensitivity to insulin which causes increased insulin production. This dysfunction can cause serious consequences, like cardiovascular disease and/or type 2 diabetes. It is estimated that one in three adults have this syndrome that can be difficult to diagnose because blood glucose (sugar) often stays within the normal range.

Insulin Resistance Syndrome may be a problem if a person has one or more of these symptoms:

- Overweight- BMI over 25 or waist circumference of >40 in. (men) or >35 in (women) (> = greater than)
- Sedentary lifestyle
- Over 40 years old
- Non-Caucasian
- Family history of type 2 diabetes, hypertension, or cardiovascular disease
- History of glucose intolerance or gestational (during pregnancy) diabetes
- Hypertension, elevated triglycerides/low HDL cholesterol, or cardiovascular disease
- Acanthosis nigricans
- Polycystic ovary syndrome

If you have some of these symptoms and are concerned about your health, please check with your doctor.

Assessing My Health Needs

It's time for a break.

Take a deep breath;
blow it out.

Stretch your legs
out,

and answer the following:



- Click on the "Quiz" link.
- Print a copy.
- Answer "yes" or "no" for the 12 lifestyle behaviors.
- Total the "yes" answers.
- "How do you rate?"

Living Smart Quiz

This is #s 6 & 7 in a series by the American Cancer Society.

Diet Alert! 0-4 "yes"
Not Bad! 4-8 "yes"
Good for you! 9-12 "yes"

Why do individuals NOT "live a healthy" life?

Life choices you make today will determine your health in the future.

It is a conscious, everyday choice.

The Journey to "Self-Change"

".....life only passes you by when you give up on your abilities to change," says James D. Prochaska, PH.D. in his book "Changing For Good".

The first stage in the process of changing any unhealthy behavior is **PRECONTEMPLATION**.

An individual in precontemplation is very resistant to change; resigned to remain in a situation they consider their "fate". Denial is very characteristic.

Is this "problem behavior" or a "lifestyle choice"?

There are 3 ways to better understand the difference between "problem behavior" and "lifestyle choices". Let's say the individual is:

- Defensive about their behavior.
- Avoids learning about their problem.
- Not willing to take responsibility for their behavior.

If an individual admits to one or more of these, they are most likely in the precontemplation stage.

"If one says they are not defensive, are well informed, aware of the consequences of and responsible for the long-term effects of behavior, then perhaps it is a lifestyle choice", writes Dr. Prochaska.

Visit the **ARCHIVES** for previous issue articles on "Self-Change".

Personal Stories: Please tell us what you are doing for WELLNESS so we can share with fellow employees.

Preparing transportation professionals in the 21st century:

It was “elbow room only” at the Bureau of Transportation Planning’s Open House held Oct. 16 in Lansing’s Van Wagoner Building. The purpose of the event was to introduce staff especially new employees to the bureau’s state-of-the-art technical tools and current Planning projects. “The open house was a huge success in helping other areas of the department understand and appreciate what Planning does,” said Chief Deputy Director Kirk Steudle. “The many positive comments attested to the fact that the event was fantastic, fun and educational.” Employee Health & Wellness nurses were asked to perform “mini” health assessments with interested employees.



Nurses Sharon Charlton and Carol Starks in action.
Mini-health assessments included blood pressures and body fat analysis.

October 28, 2003 The Governor’s Council on Physical Fitness, Health and Sports presented SAFE ROUTES TO SCHOOL

“The time is right for Michigan to focus every effort on making routes to school safe and appropriate for students so they will start and end their school day with a healthy walk,” said Janet Olszewski, Director MDCH. For more information, contact Risa Wilkerson, Director of Active Community Environments with the Governor’s Council at (517) 347-7891.

What worked BEST for you?

You are invited to [share your personal story](#) (200 words or less) [about how you improved your eating and exercise habits](#); or [share a story about your worksite wellness group activities](#).

With your consent, we may use your story in one of our newsletters. If you would like us to use your name or a digital picture, let us know.

All e-mailed stories will be regarded with the highest level of confidentiality.

[Grant permission](#) to use
your personal or worksite
wellness group story.

We hope you will contact us and
share your personal or worksite
wellness story.
Let us know
if you are a
worksite wellness coordinator

Employee Health and Wellness e-mail: MDCS-WOW-WorkingOnWellness

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